

# Sharing the Good News September, 2024

1 John 4:7-8 - "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love."

## **September readers**

September 1 - Jess

September 8 - Braden

September 15 - Sylvia.....Swegle

September 22 - Bispings

September 29 - Sylvia.....Swegle

## **September coffee hours**

McCoy

Langford

Swegle

Bispings

Swegle

September 1 is the first Sunday of the month=Food Pantry and Anointing Sunday

We have no birthdays or anniversaries at St. Mary's for September.

## **Father Tom's Schedule (revised)**

**Monday - off**

**Tuesday - @Reflections 10-11:30**

**Wednesday - office hours 9-1**

**Bingo and Bible Study at Holly Brook 1:15 - 3**

**2<sup>nd</sup> Wednesday of the month Church Council @10am**

**Thursday - @church 11:30-1**

**Bingo and Church @ South Park 1:30-3**

**Friday and Saturday - off**

**I am sure** that everyone has noticed the change to our prayers of the people. Over the summer, someone (BB) suggested to me that we rarely take the time to thank God for answered prayers. I agreed and made the addition to the prayers. I hope that we can all concentrate on things to add to our thank you list each Sunday.

## **Parish Prayer List**

**Reader** Before the Prayers of the People, let us give thanks to God our Father for all his gifts so freely bestowed upon us:

For the beauty and wonder of your creation, in earth and sky and sea,

**People We thank thee, Lord.**

**R** For our daily food and drink, our homes and families, and our friends,

**P We thank thee, Lord.**

**R** For minds to think, and hearts to love, and hands to serve,

**P We thank thee, Lord.**

*(The Congregation will please add their own thanksgivings, responding "We thank thee, Lord".)*

**For those fighting cancer:** Sandy, Cindy, Karen, Carol, Richard, Barb, Mark, Eric, Judy, Bishop Wenceslas, Gary, Kate, Charles

**For those in need of uplifting prayer:** Deacon Tom, Jess, Tressie, David, Kathy, Dan, Sylvia, John, Fiona, Jon, Jerry, Phyllis, Jen, Stuart, Nancy, Daniel, William, Donna, Jennifer, Rob, Bill, Chuck, Brandt

**For those in long term care:** Gabriel, Grace, Danielle, the residents at Holly Brook, Reflections and South Park

**For the Church's ministry in Nepal:** Purna, Bishop Mahendra, Dipendra, Reshma, Prakash; the Transformation Spiritual Church

**For the growth of St. Mary's Anglican Mission**

**For those affected by the war in the Middle East and the war in Ukraine**

**RIP** – Diane

**Please** notify Fr. Tom if you have anyone who needs to be added to or deleted from the Prayer List.

**More info on food:** Our bodies can be considered machines that carry us from place to place as we carry out the work God has planned for us (Ephesians 2:10). An unhealthy body will make us slow, lethargic, and prone to illness and injury. Good nutrition is crucial for proper brain function and hormonal balance; eating the right food contributes highly to our ability to think clearly and to our general quality of life. Therefore, good nutrition can help support our

service for the Lord.

God gives food to us, as He does to the creatures of the animal kingdom (Psalm 147:9; 104:27; 136:25). The earth has been created to produce foods that are full of vitamins and minerals and amino acids that the body needs to survive and be healthy. **Food is a gift from God; it is His provision. Why do whole, raw, unprocessed foods contain the most nutrition? Because they come right from God's hand.**